



The Power of Sharing Emotions

Within every relationship we share emotions. The power that comes from sharing emotions is the pattern that develops over time.

SHARED EMOTIONS LEAD TO:

- **Shared Understanding** We can understand others' feelings because they are like our own. This shared understanding leads to strong relationships, both positive and negative.

- **Shared Intentions** When we share understanding, we become "in touch." We share the same goals as another. Because of this, we may continue to connect, or we may decide to avoid each other.

- **Shared Motivations** If we share the same feelings and intentions, we energize one another. We share plans; we begin to work together.

- **Patterns of Interaction** If we continue to share feelings and goals and work together, it becomes a pattern. This pattern becomes the way we behave together. It becomes expected and enduring. We form friendships or love relationships.

- **Expectations for Relationships** *For babies, the first patterns of interaction become the model for all interactions. They expect all relationships to be similar to their first experiences. When adults meet someone new, their first interaction often is a model for the next time they meet. They store this model in memory to use again. If the model is pleasurable, it helps form a relationship.*

